

**Featured Alumni**  
**Dr. Faziala Sabih**



Prof. Dr. Fazaila Sabih, currently fulfilling her responsibilities as the Head department of Applied Psychology at Al-Mizan Campus Rawalpindi Riphah International University, Pakistan. She is an alumnus from NIP who joined the institute as student of M.Phil and continued to be a part of this prestigious institute till she earned her PhD degree. Along with her administrative tasks she also puts her energies in teaching, mentoring, and training medical and psychology graduates in refining and acuminating their clinical and research skills through ethical and moral practice.

Dr. Sabih geared up her professional career in 2005 as lecturer and student counselor and later had the opportunity to teach as visiting faculty member in several recognized and esteemed academic institutions. She is pioneer of student counseling cell of department of Behavioral Sciences and Psychiatry at Islamic International Medical College Trust established in Al-Mizan Campus Riphah International University in 2006. Through counseling she has impacted lives of hundreds of students. Counseling services, psychometric assessment and psychotherapeutic interventions are intended to explore and treat emotional, behavioral, interpersonal, psychological and academic issues of students. She has developed and strengthened her counseling skills in the areas of diagnostic assessment and psychotherapeutic interventions for children, adolescents and young adults with adjustment problems, emotional/behavioral problems. Also holds expertise in family and couple counseling. She is a strong proponent of application of “Biopsychosocial Model” in health care. This model is well mirrored in interdisciplinary research in the fields of behavioral medicine, especially with reference to our culture, thus laying special attention to the sociocultural dynamics of our community. Curriculum development of Behavioral Sciences Module as part of Integrated Medical Curriculum project for undergraduate medical (MBBS) and dental (BDS) students is her eminent and illustrious work achievement. She has attended series of workshops by national and International trainers on Integrated Medical Curriculum – a distinct project of Islamic International Medical College Trust, Riphah International University. During her professional career Dr. Sabih has also been dynamically involved in various co-curricular activities.

She remained Editor In-Chief Al-Razi Magazine IIMC and In charge Literary and Debating Society IIMC (2008- 2016). She organized many successful events and was able to win numerous Awards and Shields from IIMC. She received appreciation letters for valuable contribution in organizing Riphah Youth Festival 2012, playing active role in Orientation Programs in 2013, and many other official duties at IIMC. She was awarded and honored with Employees Recognition award in Fall 2018 and Spring 2019 as part of strategic team at Department of Applied Psychology Riphah International University.

For enhancement of knowledge and skills Dr. Sabih has served as a resource person in a range of workshops and seminars on “Stress Management”, “Explore Yourself”, “Study Skills” with graduate students of different Faculties of Riphah International University. She delivered state of the art lecture in a seminar at Sihala Islamabad College for Girls in collaboration with Riphah Social welfare Department (RSWD) on “Emotional and Behavioral Problems among Youth”.

Regarding social impact, she worked at DASTAK for DIC project for Socialization, Rehabilitation and Protection of Street Children as Clinical Psychologist. she has been conducting radio programs “Kamyabi Ka Rasta” – a program to equip students with essential study skills and “Zindagi Mushkil hay” centering social-emotional/psychological issues in society on Riphah FM 102.2. On voluntary basis she has been providing Counseling Services to Thalassaemia Patients at Thalassaemia House Tipu Road, Rawalpindi. She is member of “Pakistan Thalassaemia Welfare Society”

Dr. Sabih’s interest in research is reflected in her publications in national and international journals. She has authored twenty articles which have been published in reputed journals. She has attended number of National and International Conferences. She is a reviewer of IIMC as well as is member of “International Association of Islamic Psychology”. Therewithal her academic accreditation, she is worth an admirable mental health practitioner.

As part of professional services, Dr. Sabih is devoted to cause of endorsing psychological amenities to community through psychological knowledge and research. Lately she is involved in a Project of establishment of Psychological Clinic at Pakistan Railway Hospital where quality mental health services are easily reachable for general community and people with mental illness.

# NIP Newsletter



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**NIP Webinar Series During COVID-19**  
**Staying Positive Amidst COVID-19**

Experiencing negative thoughts and feelings time to time during the COVID-19 pandemic is normal, however, if constantly recurring, these can badly impact our psychological and physical health. In this one and half hour webinar, **Dr. Sobia Masood** talked about important steps to stay positive in such uncertain times. The first step, as discussed, was on being mindful about our focus and being able to look at the positive sides of this pandemic. She talked about the importance of positive emotions for psychological recovery process of people who have experienced high levels of stress due to this pandemic. Dr. Masood spoke about strategies to control our brain in a way that it comes up with positive explanations to make our lives better. For example, she talked about the effectiveness of practicing “STOP” when you notice that you are getting anxious. S in Stop stands for making yourself ‘stop’ what you are doing and take a moment to be at still mode; T stands for ‘taking’ a few deep breaths and just be aware that you are breathing; O stands for ‘observing’ any sensations in your body, thoughts in your mind and emotions in your heart, while P stands for having a ‘Pause’ to come back to your breath and then proceed with your day with greater calm.



Next, she talked about developing a positive mindset by identifying Automatic Negative Thoughts (ANTS), challenging them, and reframing these negative thoughts to different possible positive alternative(s). Dr. Masood shared that human brain is predisposed to have negative thoughts. We all have negative thoughts and since they just happen, they are not necessarily correct thoughts. The first step is to be able to identify what negative thoughts are automatically coming to your mind. Once you have identified the automatic negative thoughts, more than half the battle is already won. The second step is to challenge your negative thoughts.

You not have to believe every thought which is in your head. It is just do important to think about your thoughts to see if they are helping or hurting you. The last step is to reframe these negative thoughts into more positive ones. For this, first ask yourself what would be the opposite of this negative thing? Then think about that positive thing and focus on that. Repeat it in your mind. For some people it is just closing their eyes and thinking about more positive outcomes, more positive outcomes and so on. Visualizing the positive outcomes or the steps needed to be taken really work and they are out of that troublesome feelings that were caused by those ANTS. This focus on repetition of the positive alternative gives us personal power.

Then she elaborated how practicing an attitude of gratitude can help to remain positive in adversities such as COVID-19. It is just being thankful to someone who has contributed positively in your life, for example, your family members, your teachers, your colleagues, your friends etc. You can thank them in person, or call them or send them a letter and if that is not possible to you or it feels awkward or you do not feel comfortable doing that, just send them gratitude mentally. The point is that when you make others happy, by saying thanks to their contributions, it has ripple affect and it positively affect many others. Lastly, she focused on the need to show compassion towards self in these hard times. She highlighted the power of self-compassion in reducing anxiety and depression and more satisfying personal relationships. It makes us more resilient in the face of challenges, and improves our overall wellbeing.

### NIP Webinar Series During COVID-19 Children's Emotional Wellbeing during Pandemic



7th webinar was held on 6th July, 2020. Resource Person of the Webinar was **Ms. Saira Khan**, Research Associate cum Lecturer at NIP. She focused on typical reactions of children during pandemic and highlighted the importance of parental role in the current scenario. Focusing on empirical evidences, highlighting the role of parental burnout, she shared that during pandemic parents are finding it hard to develop schedules for children. They are feeling stressed, over-burdened and find it hard to adapt to the novel corona virus situation. As a consequence, they

are transferring their fears, anxieties and confusions to their children. For parents, it is important to realize that their own emotional reactions, that include the way they are feeling and behaving, are likely to affect the reaction of the child as well. Similarly, before talking to child it is important to ask yourself, "are you ready to talk about it or not"? One of the important points to begin with include asking your child about what he/she is thinking about current situation. If your child is excessively inquiring about the current situation, it is high time to find answers that are age appropriate. She shared that it is important to understand that the way your child is reacting is normal and natural. As the situation is new and uncertain for you, your child is more likely to be equally uncertain.

During this whole scenario it is important to:

1. Understand that reactions to the pandemic may vary. Young children are more likely to be confused and find it hard to adapt to situation of lockdown. Teenagers on the other hand are likely to be more worried that they are at risk of catching the virus. Thoughts that they might infect their grandparents and other family members are likely to induce guilt. They are likely to feel scared, nervous, lonely, sad, bored, and angry but they also feel safe, calm, and happy with their families, if assurance and proper care is provided to them.
  2. Ensure the presence of a sensitive and responsive caregiver, as only a reassurance can help your child understand the current situation in a better way. Creating a schedule and routine for your child can help him/her perceive a sense of normality.
  3. Realize that social distancing should not mean social isolation. Keep your child busy. Keep in mind the interests of your child and involve him/her in daily chores. It will help your child in taking responsibility and feel confident about his/her potentials.
  4. Provide age-appropriate information. Limiting exposure to media is very important. Talk to your child regarding what he/she already knows about the situation.
  5. Create a safe physical and emotional environment by practicing the 3 R's: i.e. Reassurance, Routine and Regulation. Paying gratitude to each other by leaving small notes for your child can help him/her see that even under this chaotic situation his/ her actions are being noticed and recognized.
- She concluded that it is important to emphasize strengths, hope, and positivity in current situation. There is no harm in seeking professional help if children show signs of trauma that do not resolve relatively quickly.

### NIP Webinar Series During COVID-19 Spiritual Healing in Dealing with Anxiety During COVID-19



On 14<sup>th</sup> of July, 2020, **Dr. Imran Bukhari** delivered a webinar for highlighting the spiritual as well as the material dimensions of anxiety and proposed the ways to deal with anxiety during COVID-19. He started his argument by objecting the subject matter of modern psychology. He emphasized that psychologists should also include soul as an essential part of human self. He presented a very strong logical argument that if anxiety can be attributed to the dynamics of human body, it can originate from the soul as well. Then he elaborated the nature of fears related to soul and body. He emphasized that psychologists must explore the true source of anxiety while devising any form of psychotherapy. If anxiety originates from soul, psychologists should look for spiritual ways of healing. Dr. Imran Bukhari proposed that, in dealing with anxiety, we should explore and find true meaning and purpose of life, at first. We should also reduce our material stakes or greed. While reducing our material greed, we should also try to increase our material gains and increase meaningfulness in our life.

### NIP Participation in 1<sup>st</sup> International E-Conference on Management and Social Sciences in the Context of COVID-19: Issues and Challenges



On August 22-23, 2020 the First International E-Conference was held on Management and Social Sciences in the Context of COVID-19: Issues and Challenges. The conference was organized with joint collaboration between University of Kebangsaan, Malaysia and Department of Administrative Sciences, Quaid-i-Azam University under the project of Experts in Management and Social Sciences. The aim of conference was to provide platform to researchers and academicians to collaborate during pandemic to highlight issues and challenges related to

management. Main focus was to develop deliberations especially for young leaders and entrepreneurs to design newer channels of interactions and business models especially in pandemic scenarios. The conference also offered special symposium and post conference workshops to provide a great opportunity for youth to upgrade their pandemic related administrative skills. International speakers presented their keynote addresses pointing out the importance of innovative model of communication and work patterns during pandemic. They also stressed the need to focus on psychosocial and administrative requisites of the employees bearing the contemporary emerging dilemmas of work from home. Speakers also emphasized that it is equally important to develop creative yet practical modes of leadership so as to channelize the needs of both employees and employers. Virtual papers and e-posters from Pakistan, Malaysia, Bangladesh, India, Jordan, and United Arab Emirates were presented in scientific sessions. On second day of the conference, panel discussion was held in which panelists deliberated on developing joint strategies in handling and overcoming occupational concerns all across the globe. In lieu with the traditions of NIP, two papers from NIP were presented in the conference titled as "Work Related Outcomes of Perceived Authentic Leadership: Revisiting Organizational Structures in Pandemic" by Dr. Aisha Zubair and Prof. Dr. Anila Kamal. Second paper was titled "Work Family Enrichment and Career Success Among Employees: Moderating Role of Ambivalent Sexism" authored by Qudsia Saeed and Dr. Aisha Zubair. Papers were well appreciated for their pragmatic relevance to the current work scenarios and social context of COVID-19.

### PhD Public Defense



**Ms. Samar Fahd** successfully defended her PhD public defense held on 20th July, 2020. The topic of her research was "Psychological Flourishing of Married Individuals: Role of Communal Orientation, Emotional Expressivity, and Emotional Regulation". Supervisor for her PhD research was Dr. Rubina Hanif. External examiners for her PhD public defense were Dr. Aneela Maqsood and Dr. Sadaf Ahsan.